**Knee update**

Since July 2013 I haven’t been well and in October I had x-rays and was diagnosed with osteoarthritis in my knees. In November last year I then tore the meniscus in my left knee so that I’ve had difficulties walking ever since. In fact I could only walk a few minutes at a time and only with the aid of a rollator or a walking stick.

Despite the “fantastic” health care system in Denmark, I had to wait 7 months to get my knee scanned and another 3 weeks to have surgery. Finally on May 21st I had keyhole surgery in a private clinic, as my doctor had given up on the public hospitals by then. Because of the indecently long waiting lists, he was able to finally transfer me to a private clinic free of charge, and surgery only lasted 30 minutes with local anesthesia. Everything went well, except there was a lot more wrong with my knee than could be seen on the x-rays and MRI-scan.

Apart from the meniscus tear and the osteoarthritis, I also had a ligament-tear, several swollen, inflamed mucous membranes and worst of all: severe cartilage damage. Actually the bone in my knee is exposed several places. Much of this could have been avoided had I had surgery straight away instead of having to wait for almost 8 months, so I am to formally complain to the National Health Service now.

Anyway, I'm able to bend and stretch the knee again, but it’ll take maybe 2-3 months, before I will be able to walk "normally" again and some of the pain is never going to go away, but at least I'm on the right track now. This means that I’ll be able to update my blogs again, so please stay tuned! Thanks for your patience.

xxx

Lise

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